

# Resources for Caregivers

Caring for an older loved one can be deeply fulfilling, but it can also cause tremendous stress and anxiety. It's important to remember you are not alone. Help is available. In addition to services that VPAS offers, you may find some of the following web pages and links helpful:



## Local Resource Links

- One-on-one caregiver phone support with VPAS' Caregiver Support Coordinator Heather Lawrence. ([heather@vpas.info](mailto:heather@vpas.info) or 540-383-7006)
- Adult day care options at [Generations Crossing](http://generationscrossing.com) in Harrisonburg, VA (generationscrossing.com)

## National Resource Links

- [AARP Caregiving](https://aarp.org/caregiving/) (https://aarp.org/caregiving/)
- [Alzheimer's Association](https://alz.org/) (https://alz.org/)
- [Family Caregiver Alliance](https://www.caregiver.org/) (https://www.caregiver.org/)
- [Caregiver Action Network](https://caregiveraction.org/) (https://caregiveraction.org/)
- [Hilarity for Charity](https://www.wearehfc.org/caregivers) (https://www.wearehfc.org/caregivers)

## Books and Activities

- **VPAS has a lending library** for caregivers! Books are available on many different topics including how to talk to young children about aging loved ones, self-care, dementia and more.
- **Dementia Care Kits** are bins of activities or items appropriate for a loved one living with dementia. They can help provide stimulating solitary activities or opportunities for care partners to work on a project together. Each kit has instructions about how to use the items or activities, how to introduce a new item or activity, ideas for each caregiver to use things from home and the importance of meaningful activities for individuals living with dementia.
- **VATS Resource List** (Virginia Assistive Technology System) is a program designed to ensure that Virginians are aware of and able to access assistive technologies and information they may need to participate in society. VATS has specifically highlighted these products to help older adults live independently and with greater function in their daily lives.

For info on how to check out these resources or get a copy of the VATS Resource List, contact VPAS' Caregiver Support Coordinator Heather Lawrence. ([heather@vpas.info](mailto:heather@vpas.info) or 540-383-7006)